

# Health Rocks!

Over six million kids get head lice infestations each year. The most likely way of getting lice is from head-to-head contact with someone who already has it, typically during sports activities, on the playground, at slumber parties, or at a camp. Head lice cannot fly, hop, or be carried by pets. Instead, lice crawl and are spread by sharing clothing or accessories (hats, scarves, coats, sports uniforms, ribbons, barrettes, combs, brushes or towels recently used by an infected person).

Head lice are small insects (size of a sesame seed) that live on the human scalp and feed on blood several times a day. Their bite does not hurt, but the substance lice excrete to prevent the blood from clotting can cause itching. Head lice can live up to 30 days on a person's head.

Until recently, the common way to effectively treat head lice was with toxic shampoos, chemicals, gels or oils that work by attacking the louse's central nervous system. Home remedies such as olive oil, tea oil, petroleum jelly and mayonnaise have been also used to get rid of lice. Flammable liquids, harsh chemicals, commercial poisons, and other hazardous materials should never be used as they are harmful and can even be fatal in some cases.

A new alternative is the **Robi Comb** (LiceGuard, [www.liceguard.com](http://www.liceguard.com)), a noninvasive electronic lice comb that uses a battery. It detects and destroys lice on contact simply by combing it through dry hair. When the comb's metal teeth touch lice, the lice get zapped, die and then get combed away. More than 3,000 school districts in all 50 states are now using the Robi Comb.

## ***Foods that are Good for the Brain!***

**Vegetables:** red onions, red cabbage, garlic, artichokes, spinach, kale, broccoli, parsley, sweet potatoes and yams.

**Fruits:** blueberries, cranberries, blackberries, dark grapes, raspberries, avocados, pomegranates, prunes, dark plums, cherries, and dark-skinned apples.

**Legumes, nuts and seeds:** beans (small red, black and red kidney), walnuts, almonds, hazelnuts, sesame seeds, flax, sunflower and pumpkin seeds.

**Herbal seasonings, spices:** turmeric, curry, cinnamon, ginger, sage, rosemary, oregano, anisole, basil, cilantro...

(Source: [www.pyramidofpotential.com/](http://www.pyramidofpotential.com/))

## *Escape from McMedicine*

Physicians nationwide are taking a new approach to healthcare reform: they're listening to citizens! Doctors and patients are joining together to create a new breed of clinics, hospitals, and regional healthcare systems based on the real needs and wishes of the communities they serve. Six years ago I left my job and invited my community to design an ideal clinic. I'm not alone; physicians all across America are opening more ideal, patient-centered practices.

Would we ever go back? Nope. Never. But what did we escape from? I hosted an "Antonym Contest" among the hundreds of physician survivors to find out.

What's the opposite of *patient-centered* care? What's the opposite of an ideal medical practice? Doctors, who have chosen to put the well-being of their patients ahead of their own personal conveniences and profits, report they'll never try again what they described as:

Assembly-line Medicine • Production-driven Healthcare • McMedicine • Doc-in-a-Box • Meat Market Medicine • Take A Number • Medi-Quickie • Revolving Door Practice • Freeze Dried Med • One Size Fits None • Insti-Med • Grossly IMPersonal • "Here's some meds, now get out" Medicine • Premature Consultation • Treadmill Medicine • Primarily Don't Care Provider • The Doctor-Patient Unrelationship • The "Please-stand-behind-our-bottom-line" Clinic • Shrink-wrapped Care • What Drive\$ our Care? • Hamster Wheel Medicine

I think "Treadmill Medicine" from Rosalia Leite-Evans M.D. of Palm Beach, Florida, describes it really well. A big "thank you" to Rosalia and all the other docs who are demonstrating how to get off the treadmill and care for our patients—and ourselves.

—Pamela Wible M.D., [www.idealmedicalcare.org](http://www.idealmedicalcare.org), Oregon.

\* What did the above paragraphs convey to you? Can you come up with a few creative phrases to describe something you're passionate about or an issue that you deal with often? For example, school lunches, food served at fast-food restaurants, technology that you use often, or any institution that you feel discriminates against or harms the very people it is supposed to serve. Use nouns, adjectives or phrases that share your feelings about its quality and impact. Be creative! —editors.